



Photos by Staff Sgt. Armando R. Limon, 3rd Brigade Combat Team, 25th Infantry Division

SCHOFIELD BARRACKS — Maj. Daniel Gregory, brigade operations officer assigned to Headquarters and Headquarters Company, 3rd Brigade Combat Team, “Broncos,” 25th Infantry Division, jumps into the pool during the don and ditch portion of the Combat Water Survival Test at Richardson Pool, here, Jan. 19.

This rigorous series of tests is designed to assess a Soldier’s water survival abilities and to build confidence.

January 26, 2018

HAWAI’I **ARMY** WEEKLY



3rd BCT demonstrates its combat water survival skills



A Soldier assigned to HHC, 3rd BCT, “Broncos,” 25th ID, performs the 25-meter surface swim with a rubber M4 carbine portion of the CWST at Richardson Pool, Jan. 19.

Above — A Soldier performs the 25-meter surface swim with a rubber M4 carbine portion of the CWST at Richardson Pool.



Right — Soldiers assigned to HHC, 3rd BCT “Broncos,” listen to their CWST instructions at Richardson Pool, Jan. 19.

2-35th Inf. Regt., 3rd BCT, wins ‘Best FiST’ competition

**CHIEF WARRANT OFFICER 3
GLENN BUTLER**
Targeting Officer
25th Infantry Division

SCHOFIELD BARRACKS — Twice a year, artillery Soldiers in the 25th Infantry Division compete in a challenging competition and certification to ensure fire support teams are prepared for contingencies around the Pacific Theater.

More than 120 Soldiers, including Soldiers from the 1-151st Infantry Regiment, 76th Brigade Combat Team, Indiana National Guard, competed in the most recent 25th ID “Best FiST” from Jan. 5-11 in the East Range Training Area, here.

“The training is tough, realistic and important,” said Capt. Zachary White, 25th ID assistant fire support officer. “All the fire supporters, once they get done with the long test days, it is something that they can be proud of. It paints a picture for the commanders and senior NCOs (noncommissioned officers) on the quality of the Soldiers they have in their formations and



The “Best FiST” judges a fire support equipment layout, a 12-mile ruck march, a land navigation competition, a written test on the tactical employment of fire support assets and several more areas.

what they need to continue training up on for the next mission.”

The Best Fire Support Team competi-

tion and certification included a fire support equipment layout, a 12-mile ruck march, a land navigation competition and

a written test on the tactical employment of fire support assets. Teams were rated on observation post occupation and calling for fire with VBS3 simulation equipment.

“The approach that we took this year was to incorporate lessons learned from the Joint Readiness Training Center at Fort Polk, Louisiana, into the Best FiST,” said Lt. Col. Loreto Borce Jr., deputy fire support coordinator, 25th ID. “This year’s Best FiST not only validated fire support skills, but it challenged every Soldier mentally and physically, getting the best out of each Soldier who participated in the Best FiST. I wanted this training event to inspire professionals and give them honest feedback, so they knew what they need to work on.”

The 23 teams, each averaging five Soldiers, including a fire support officer, a fire support NCO and a forward observer, prepared for months for the competition,

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Do you know where to file state taxes?

Home of record, domicile not necessarily the same

VERNDAL LEE
Legal Assistance Office

Do you know why your state tax domicile is a big deal?

Everyone, including service members, owes state income tax to their state tax domicile. Under the Servicemembers Civil Relief Act, or SCRA, service members do not lose their state tax domicile merely by joining the military and moving from state to state, or abroad on military orders.

This means that service members do not have to pay state income taxes on their military income in every state they move to on military orders. Many states aggressively audit state tax domicile issues for service members.

Which state is your domicile?

You always have a domicile. An individual can only have one domicile at any point in time. An individual's domicile remains unchanged until the individual affirmatively changes it.

Your military "home of record" means nothing in terms of domicile. Your home of record is used for determining travel and transportation allowances. Enlisted members may change their home of record at the time they sign a new enlistment contract. Officers may not change their home of record

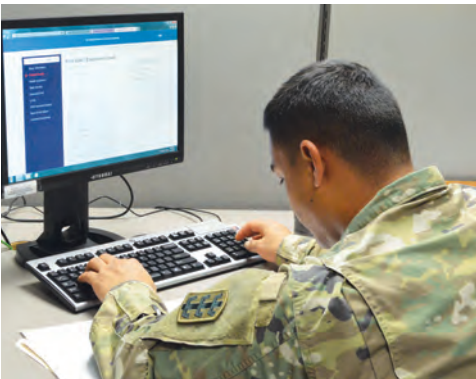


Photo by Karen A. Iwamoto, Oahu Publications
Sgt. Bikram Shrestha of the 130th Engineer Brigade, 8th Theater Sustainment Command, works on a tax return in 2017. (Photo has been altered to remove SSN.)

except to correct an error or after a break in service.

Your home of record may be your domicile only if it meets certain criteria.

Domicile is established by being physically present in a state with the simultaneous intent of making it your permanent home. Both parts of the test must be met.

Some indications that you intend to make a state your permanent home are registering to vote and voting (to include absentee voting); owning real estate; holding professional licenses, titling and registering your vehicles; holding a driver's license; accepting tax breaks for a declaration of homestead; or indicating your last will and testament should

be probated there.

A determination of domicile is fact specific, but the more contacts you can establish, the stronger your case is.

Service members should be aware that in order to keep a particular state tax domicile, they must be able to prove at any given time that they have lived in that state and intend to return to that state as soon as their military obligations are completed.

Example scenario

Franklin John Rock, Orville P. Snorkel, and Amos T. Halftrack were all born and raised in North Carolina. After graduating from high school, they all obtained jobs in North Carolina. They file and pay North Carolina income tax returns each year. They intend to make North Carolina their permanent home.

All three are on vacation in New York City on Sept. 11, 2001. Being extremely patriotic, they rushed to the nearest New York recruiting office and enlisted in the Army. New York is their "home of record." North Carolina remains their domicile.

First duty station

After basic training, all three individuals are assigned to Fort Bragg, North Carolina. They continue to be registered to vote – and actually vote – in North Carolina. They all have North Carolina driver's licenses. They all have motor vehicles titled, registered and

See DOMICILE A-6

FEMA offers tsunami preparedness resources

DEPARTMENT OF HOMELAND SECURITY
News Release

WASHINGTON — Following an intense earthquake that occurred in the Gulf of Alaska, Jan. 23, which prompted tsunami watches, advisories and warnings across many state coastlines, FEMA continues to highlight safety tips for those who live in or visit coastal communities.

According to the National Oceanic and Atmospheric Administration, tsunamis are one of the most powerful and destructive natural forces, delivering a series of extremely long waves that can cause dangerous coastal flooding and powerful currents that can last for several hours or days.

Caused by an underwater disturbance such as an earthquake, landslide, volcanic eruption or meteorite, tsunamis radiate outward in all directions from the point of origin and can move across entire ocean basins.

If a major earthquake or landslide occurs close to shore, areas are at greater risk if they are less than 25 feet above sea level and within a mile of the shoreline. The first wave in a series could reach the beach in a few minutes, even before a warning is issued.

FEMA encourages citizens to take the following steps to ensure they are ready in the event of a tsunami:

- Create and practice an evacuation plan with your family. If you live in a tsunami

evacuation zone you will find signs in your community. Familiarity may save your life. Be able to follow your escape route at night and during inclement weather.

- Create a family communications plan to know how you'll contact each other and reconnect if separated. Establish a family meeting place that's familiar and easy to find.

- Build an emergency kit to ensure you and your family are prepared to be on your own for at least 72 hours.

- If you are a tourist, familiarize yourself with local tsunami evacuation protocols.

- Familiarize yourself with tsunami notification information.

Tsunami Watch. Is issued to alert emergency management officials and the public of an event that may later impact the watch area. Prepare to take action and stay alert for further information.

Tsunami Advisory. Is issued when a tsunami with the potential to generate strong currents or waves dangerous to those in or very near the water is imminent or expected. The threat may continue for several hours after initial arrival, but significant inundation is not expected for areas under an advisory.

Tsunami Warning. Is issued when a tsunami with the potential to generate widespread inundation is imminent or expected. Warnings alert the public that dangerous

coastal flooding accompanied by powerful currents is possible and may continue for several hours after initial arrival. Move inland, out of the water, off the beach and away from harbors, marinas, breakwaters, bays and inlets.

Be alert to and follow instructions from your local emergency officials during a warning because they may have more detailed or specific information for your location. If you feel a strong earthquake or extended ground rolling take immediate protective actions, such as moving inland and/or uphill, preferably by foot.

If told to evacuate, evacuate immediately, taking your animals with you. If you are in a high-rise building and instructed to shelter in place, stay on floors just above flood water. Stay in hallways or interior rooms.

Do not return to the coast during a warning until local emergency officials indicate it is safe to do so.

More Online

Download FEMA app (available in English and Spanish) for National Weather Service alerts, safety tips and more at www.fema.gov/mobile-app.

For more details about tsunamis and how to prepare visit, www.ready.gov/tsunamis.



Army leaders tour Schofield Generating Station

Story and photo by
KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — Army leaders toured the new power plant under construction, here, Jan. 19, seeing firsthand how it is partnering with the community to strengthen energy security across the state.

Acting Assistant Secretary of the Army for Installations, Energy and the Environment Jordan Gillis, along with Lt. Gen. Gwen Bingham, assistant chief of staff for Installation Management, walked through the Schofield Generating Station, and received a briefing from Jack Shriver, Hawaiian Electric Company's manager of Generation Project Development.

Hawaiian Electric will own and operate the generating station, which is on land leased to it by the U.S. Army. The 50-megawatt power plant, which will run on a mix of conventional and



Acting Assistant Secretary of the Army for Installations, Energy and the Environment Jordan Gillis listens to Hawaiian Electric Co. Manager of Generation Project Development Jack Shriver, Jan. 19, during a tour of the Schofield Barracks Generating Station.

biofuels, is expected to begin operation in mid-April.

Shriver said the generating station is good not only for the Army Hawaii community but for the community at large. It will in-

crease the amount of renewable electricity going to the island's power grid, and increase energy reliability and resiliency. It will use a minimum of 50 percent, or 3 million gallons of biofuel. Its lo-

cation on a military base located about 900 feet above sea level helps ensure safety from tsunami threats and storm surges.

Responding to a question from Gillis, he confirmed that, if necessary, the generating station could serve as an "island" or "microgrid" that feeds power exclusively to Schofield Barracks, Wheeler Army Airfield and Field Station Kunia.

The approximately \$148 million generating station is also cost-effective for the Army, which will not incur additional costs from the project. Hawaiian Electric will finance and maintain the plant.

Col. Stephen E. Dawson, commander of U.S. Army Garrison-Hawaii, has called the project a "win-win," in the past, saying that it will provide redundancy to the power grid and be environmentally friendly while at the same time supporting the Army's training and readiness.

Voices of Ohana

Because 2018 is the Year of the Dog in Chinese astrology, we wondered, "Which animal best describes you and why?"

By 2nd Infantry Brigade Combat Team Public Affairs



"A rat! They get by on crumbs of other people. They survive, just like myself."

Spc. Franklin Bethune
Saw gunner
C. Co, 1-21st Inf. Bn.
2nd IBCT



"Wolf – they're pack animals and I'm very family oriented."

Spc. Jonathon Schlanger
Mortarman
A Troop, 2-14th Cav.
2nd IBCT



"A dragon! I have the personality of a dragon. They're majestic, beautiful and powerful – it fits me."

Sgt. Xavier Thayer
Scout
A Troop, 2-14th Cav.
2nd IBCT



"A dog, for sure. They're man's best friend, easy to get along with and easy to please."

Pfc. Nathaniel Tillie
Rifleman
A Co., 1-27th Inf. Bn.
2nd IBCT



"I'd be a dog. I'm okay on my own but if I'm around people, I'll still be okay."

Sgt. Sean Walls
Team leader
C Co., 1-21st Inf. Bn.
2nd IBCT

MPs assist clinic during active shooter drill

Story and photo by
SGT. 1ST CLASS JOHN D. BROWN
8th Military Police Brigade Public Affairs
8th Theater Sustainment Command

SCHOFIELD BARRACKS — As sirens sounded throughout the U.S. Army Health Clinic, here, a voice came through the loudspeakers crisp and clear: “Exercise. Exercise. Exercise.”

Jan. 18, an active shooter response exercise was conducted in order to validate the response plans and ability of multiple organizations and agencies to work cohesively during a rapid deployment situation.

“Joint training, such as our annual active shooter event, allows us to work cooperatively with multiple organizations across the installation to ensure we can best serve and protect our patients and staff,” said Sgt. Maj. Joel J. Thomas, the senior enlisted adviser for the USAHC-SB.

“This style of training allows us to respond to emergencies quickly, mitigating the potential risk for casualties,” said Thomas.

During the training scenario, an armed individual began firing a weapon within one wing of the clinic before attempting to move to other areas.

The individual was located and captured within minutes and responding agencies were able to return the clinic to normal operations in less than 90 minutes.

Battalion Chief Shawn Howe, Federal Fire Department Training Division, said, “It is important to participate in Joint Emergency Response Training Scenarios to identify gaps or limitations in our plans, protocols or procedures, and providing opportunities to share lessons learned and to improve the understanding of individual roles and the roles of our partners.

“It better prepares us for a real-world event. We need to be able to communicate and work together with other agencies to mitigate emergencies,” said Howe. “Joint training allows us to practice and improve our multiagency response.”



Clinic staff, firefighters, MPs and representatives from various other agencies share information at the incident command post during the active shooter exercise conducted on Schofield Barracks, Jan. 18.

1st Lt. Carrie Ferminpentivolpi, a Law Enforcement Operations officer with the Law Enforcement Division of the Directorate of Emergency Services, U.S. Army Garrison-Hawaii, served as the incident commander during the exercise.

Ferminpentivolpi said that she always looks forward to helping the community feel safer during any exercise that is conducted on the installation.

“Our training tends to be as realistic as possible,” said Ferminpentivolpi. “It’s purpose is to test the group’s mental readiness and ability to react in a timely manner.”

Thomas agreed, saying, “Readiness is a top priority, and this type of training can be utilized in many capacities – from responding to a threat at home station or

deployed. This training hones in on the ability of our entire staff to react effectively during dangerous situations.

“Last weekend (Jan. 13), we all had a significant scare. We want out community to know, and be confident, that we are ready for all emergency situations,” said Thomas, referencing a recent text message alert that was sent out erroneously regarding a ballistic missile threat to the state.

“This training reinforces our skills to reacting to major events,” he said.

Howe said that it is important for the community to understand that the primary goal for every emergency response exercise is to protect the health and safety of the emergency responders, the public and the environment while minimizing

the disruption of community activities.

“As servants of our community, it is our duty and responsibility to provide unmatched all-hazards response capabilities,” said Col. Shannon-Mikal Lucas, director of DES and commander, 8th Military Police Brigade, 8th Theater Sustainment Command. “We do that by bringing together the widest array of emergency response assets, agencies and audiences to ensure the highest levels of safety and security to our Soldiers, families and D.A. (Department of the Army) civilians.

“This exercise is just one example of our continuous effort to synchronize our response while assisting in validating unit’s emergency action plans,” said Lucas, “thus, ensuring Soldier, unit and installation readiness.”

599th Trans. Bde. mentors reserve unit from Louisiana

DONNA KLAPAKIS
599th Transportation Brigade Public Affairs

PEARL HARBOR — When the 599th Transportation Brigade and its partners uploaded 25th Infantry Division’s 3rd Brigade Combat Team for vessel movement this month, it represented the culmination of more than a month of cargo preparation and staging for the move.

Although the actual upload only lasted three days, preparation began before the end of November and ran through December until a pause for the holidays.

The 599th was able to fulfill a mentorship role for the move.

“Our job at the 599th, in support of the 1192nd Reserve Transportation Battalion from New Orleans, Louisiana, and the 502nd Expeditionary Terminal Operations Element from Mission Viejo, California, was to ensure that they are able to run terminal operations. Because they don’t do this daily like we do, we are able to provide mentorship for them,” said traffic management specialist Frank Vi-ray.

The 1192nd sent a Deployment and Distribution Support Team (DDST) to assist with preparation at unit motor pools and staging at the Multiple Deployment Facility (MDF) on Wheeler Army Airfield before the unit moved its cargo and equipment to the seaport for the upload.

Maj. Hedgeman Carter was the 1192nd DDST officer in charge.

“This is a great opportunity for our DDST team,” he said at the MDF. “We are all moving from point to point here, so we get to see all parts of the staging. We stop operators if they aren’t right with their paperwork or with their vehicles. That way we won’t have to frustrate them at the port. The main problem we’ve had

is that the fuel isn’t at the right point, so they have to burn it off and come back.

“We try to be flexible and be positive,” he added. “We can fix about 99 percent of the errors on the spot, so that the Soldiers don’t have to return to their unit. The speed of the operation is important, but safety is paramount. That’s the name of the game. We have to be ready to fight tonight.”

An 836th Trans. Bn. transportation management team worked with 599th reserve partners, the 502nd ETOE, to in-process vehicles for staging at the port before the New Year.

“We’ve been processing vehicles non-stop all day down here,” said Bob Meno, 836th cargo distribution chief. “We were able to stop at lunch, but we ate here and just snacked from stuff on the tables.

“Hundreds of vehicles have been coming come through each day,” he said. “We had enough people manning the stations that we could create a third processing line to move them though. We had vehicles parked all the way back to the gates.”

Because of the size of the move, the 599th employed 24-hour-a-day operations for the upload.

“We implemented a Tactical Operations Center (TOC) at the port to monitor upload operations, and everything fell into place,” said 599th marine cargo specialist Davey Flores. “Plus, there were no major safety issues, and we were able to finish the upload before our projected time.”

Capt. James “Jake” McConville, 599th Command Operations Center chief, was the nighttime battle captain of the TOC.

“We established the TOC to facilitate how to conduct the mission command during port operations,” McConville said.



Photo by Shannon Haney, Fleet Logistics Center-Joint Base Pearl Harbor-Hickam Public Affairs
The 599th Trans. Bde. partners with the 25th ID and Fleet Logistics Center personnel to lift a Black Hawk during upload operations.

“We were in our crawl phase there. We wanted to monitor how one battalion with attached reserve units would load a single vessel. This way we were able to exercise how to do business to get to the walk and run phases.”

Lt. Col. Clydea Prichard Brown, 836th Trans. Bn. commander, summed up the operation by noting the range and explaining the role of partners in uploading the brigade here.

“The 3rd BCT upload operation was an extremely successful total force part-

nership with the 502nd ETOE, an Army Reserve unit, as the lead port manager. The 836th’s Team Fuji served as mission command, training evaluators and subject matter experts as we coached, taught and mentored the ETOE during this real world mission. This joint effort supported by the Fleet Logistics Center, Navy active and reserve forces from cargo handling battalions enhanced 3-25 BCT’s (3rd Brigade Combat Team, 25th Infantry Division’s) readiness and understanding of port operations.”

SB Health Clinic wins recycling competition

Story and photo by
KAREN A. IWAMOTO
Staff Writer

SCHOFIELD BARRACKS — U.S. Army Health Clinic-Schofield Barracks won the Solid Waste and Recycling Program’s “Grow Your Green: Recycle” competition, here, Jan. 19, and was awarded \$1,000 in unit funds.

The competition pitted the Health Clinic against the 65th Brigade Engineer Battalion; the 3rd Bn., 25th Aviation Regiment; and the 524th Combat Sustainment Support Bn.

The goal was to use friendly competition as a means to spread the word about the program and foster a culture of recycling among the battalions. The participating battalions were judged on the quality of their recycling, the amount of participation and the level of knowledge about the Solid Waste and Recycling Program.

Dale Kanehisa, manager of the Solid Waste and Recycling Program, said education was key.

Battalions that briefed their members on the program, the importance of recycling and how to recycle properly scored



At left, Col. Trevor J. Walker, 25th Infantry Division commander-Interoperability, and Michael Amarosa (right), deputy commander, U.S. Army Garrison-Hawaii, present Lt. Col. Kathy Presper (second from left) and Capt. Kinsey Haider, both from USAHC-SB, with a check for \$1,000 in unit funds on Jan. 19. The Health Clinic won the Solid Waste and Recycling Program’s recycling competition.

higher in the competition.

She said she hoped the competition would encourage Soldiers to continue recycling and summed up the following lessons garnered from the competition:

- Soldiers who are briefed about recycling generally recycle more.
- Posting USAG-HI’s recycling policy

(available at <https://www.garrison.hawaii.army.mil/command/documents.htm>) keeps Soldiers informed.

- Posting recycling signs reminds Soldiers to recycle.
- Explaining how to use the recycle bins prevents Soldiers from depositing trash and other non-recyclables into the recycle bins.

The Solid Waste and Recycling Program is part of the U.S. Army Garrison-Hawaii Directorate of Public Works Environmental Division.

Competition Results
1st Place: U.S. Army Health Clinic-Schofield Barracks
2nd Place: 3rd Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, 25th Infantry Division
3rd Place: 65th Brigade Engineer Battalion, 2nd Infantry Brigade Combat Team, 25th ID
4th Place: 524th Combat Sustainment Support Bn., 25th Sust. Bde., 25th ID

FiST: 2nd IBCT takes honors

CONTINUED FROM A-1

ving for the coveted title “Best FiST.”

The 12-mile ruck march was the start to a five-day FiST certification. Sgt. Matthew Dicristo, Battery C, 2nd Battalion, 35th Inf. Regt., 3rd Brigade Combat Team, 25th ID, earned the fastest time for the ruck march at 2:09.13.

In addition to the competition, the opportunity to integrate with 1-151st Inf. Regt. proved invaluable to the outcome of the certification. The Indiana National Guard regiment is partnered with 2nd BCT, 25th ID, as part of the Army Associated Units Program. The program pairs a National Guard or Reserve unit with an active duty counterpart for organization, training and deployments.

The certification also includes a battalion-level fire support rehearsal. The fire support officers and their teams briefed commanders from the 2nd Bn., 11th Field Artillery Regt.; the 3rd Bn., 7th FA Regt.; and 25th ID Division Artillery, on the detailed integration of the fire support plans they composed in support of a maneuver element. Junior leaders got direct feedback from senior artillerymen in the 25th ID on their respective plans and their ability to provide shared understanding across a staff.

After a grueling week of competition, Maj. Gen. Ronald P. Clark, commanding



Photos by Staff Sgt. Vanessa Atchley, 28th Public Affairs Detachment

More than 120 Soldiers, including Soldiers from the 1-151st Inf. Regt., 76th Bde. Cbt. Team, Indiana National Guard, compete in the most recent 25th ID “Best FiST” certification and competition, Jan. 5-11.

general, 25th ID, recognized the top-performing Soldiers. Spc. Johnathan White, Battery C, 1st Bn., 27th Inf. Regt., 2nd IBCT, earned the individual title “Best FiST Soldier,” and Sgt. Charles Laabs, Battery C, 1-27th Inf. Regt., earned the title of “Best FiST Leader.”

“I was lucky enough to be assigned to a great team with knowledgeable leaders that prepped me for the event,” said White.

Soldiers from Battery C “Charlie Rock,” 2nd Bn., 35th Inf. Regt., 3rd BCT, earned the overall “Best FiST.” The team included Pvt. Reed Kennedy, Sgt.



A Soldier competes in the recent 25th ID “Best FiST” certification and competition at East Range Training Area.

Winners
•Best FiST Soldier
Spc. Johnathan White of Battery C, 1-27th Inf. Regt., 2nd IBCT
•Best FiST Leader
Sgt. Charles Laabs of Battery C, 1-27th Inf. Regt., 2nd IBCT
•Best FiST Team
Battery C “Charlie Rock,” 2-35th Inf. Regt., 3rd BCT

Domicile: Avoid PCS confusion

CONTINUED FROM A-2

licensed in North Carolina. Franklin Rock purchases a home in North Carolina. They file and pay North Carolina state income taxes. New York is their “home of record.” North Carolina remains their domicile.

Second duty station

All three Soldiers – now sergeants – make a permanent change of station, or PCS, move to Fort Hood, Texas. Texas has no income tax. They begin to hear stories of how they can simply fill out a DD form, call Texas “home” and Finance will stop deducting North Carolina income taxes from their paycheck.

Sgt. Rock could use the extra money; he still owns his North Carolina home, and the rental income does not cover his mortgage payments. He decides to take advantage of this “easy money” and completes the State of Legal Residence certificate. Rock sees an immediate increase in pay. However, he has no intent of making Texas his legal home and takes no other

steps to establish Texas as his domicile. Sgts. Snorkel and Halftrack decide to disregard the “opportunity” to have Finance stop deducting North Carolina income taxes. Rock does not file North Carolina income tax returns for the three years he is stationed at Fort Hood. Snorkel and Halftrack continue to file, and pay, North Carolina income taxes. Halftrack meets and marries Martha. Martha Halftrack is a native Texan whose ancestry traces back to the Alamo. At the time Martha met and married Sgt. Halftrack, she was a non-working college student. New York remains their “home of record.” Despite Rock not paying North Carolina income taxes, he has no intent of making Texas his permanent home. North Carolina remains the domicile of all three Soldiers.

Third duty station

The sergeants receive PCS orders to Fort Polk, Louisiana. Snorkel meets and marries Louise Lugg, a native of New Orleans. Sgt. Snorkel falls in love with Louisiana. He and Louise purchase a home in Louisiana. Snorkel decides Louisiana is where he wants to be after he retires from the Army. He registers to vote in Louisi-

ana. He obtains a Louisiana driver’s license. He titles and registers his vehicles in Louisiana. He completes the DD Form to stop North Carolina tax deductions, calling Louisiana home. Snorkel files and pays Louisiana income tax the entire time he is in Louisiana. Sgt. Rock continues to not file and pay income tax in any state. Sgt. Halftrack continues to file and pay income tax to North Carolina. New York remains their “home of record.” Snorkel’s domicile is now Louisiana. North Carolina remains the domicile for Halftrack and Rock.

Fourth duty station

Now staff sergeants, the three Soldiers receive PCS orders to Schofield Barracks, Hawaii. Rock decides he doesn’t want to move to Hawaii. He returns to North Carolina, finds a job and moves back into his home. Rock files and pays North Carolina income tax. An auditor wonders why Rock has not been paying North Carolina income tax for the previous six years. Rock is unable to prove he intended to make Texas his permanent home; he actually returned to North Carolina. Rock receives a bill for six years of past due taxes. Due to Hawaii’s high cost of living,

Martha Halftrack and Louise Lugg Snorkel find jobs and work while their husbands are stationed in Hawaii. Because of the Military Spouses Residency Relief Act, or MSRRA (a separate Information Paper), Louise Lugg Snorkel does not owe Hawaii income tax. (They share the same tax domicile: Louisiana.) The Snorkels must, however, continue to file and pay Louisiana income tax. Under Louisiana law, a portion of Snorkel’s military pay earned outside Louisiana is exempt from state income tax. Martha Halftrack and her husband have two different domiciles: Texas and North Carolina. Martha is unable to claim protection under the MSRRA.

Other factors to remember

The SCRA only allows you to escape paying state income taxes on military income. It does not apply to income from a second job. It does not apply to business income.

Questions

If you have any questions, call the Legal Assistance Office for an appointment at 655-8607. The Legal Assistance Office is located at 278 Aleshire Ave., Bldg. 2037, Schofield Barracks.



Send announcements for Soldiers and civilian employees to editor@hawaiiarmyweekly.com

Ongoing

PyeongChang Olympics Streaming — The Exchange and NBC Olympics have said that U.S. service members worldwide will again be able to watch Olympic streaming coverage from their desktop and personal devices when NBCUniversal presents the XXIII Olympic Winter Games from PyeongChang, South Korea, in February 2018. NBC Olympics will produce more than 1,800

hours of streaming coverage as more than 2,800 athletes from 90 countries compete in 102 medal events from Feb. 7-25. Service members will access Olympics coverage from their computers or personal devices by visiting NBCOlympics.com or the NBC Sports app, and choosing the Exchange as their service provider. Due to content rights restrictions, an active ShopMyExchange.com account will be required to verify eligibility. Content rights restrictions will also apply to some outside continental United States (OCONUS) locations. NBC’s primetime coverage of the 2018 PyeongChang Olympics begins Thursday, Feb. 8.

Human Trafficking — January is the national

observance month for Human Trafficking Prevention. What is it? It’s a crime where force, fraud or coercion is used to compel a person to perform labor and services. It affects all populations and ages. Learn more online at www.defense.ctip.gov/.

Cellphones — A new city ordinance makes it illegal to look at a cellphone or other electronic device while crossing a street or highway on Oahu. Visit www.hawaiiarmyweekly.com/2017/10/26/cell-phone-safety-bill-now-in-effect/.

DCCA — The Hawaii Department of Commerce and Consumer Affairs has a guide for military families. Visit <http://cca.hawaii.gov/military-consumer/>.



Advisories from Army and Hawaii Department of Transportation (HDOT) sources. Provides traffic, construction and outage information.

January

27 / Saturday

Road Closures — The Directorate of Family and Morale, Welfare and Recreation will be conducting a running race on Schofield Barracks, Saturday, Jan. 27. The race will start at Richardson Pool at 7 a.m. It will take place in the eastbound lanes of Trimble Road between Cadet Sheridan and Beaver Road. Road closures will occur from 6:45-8 a.m. on Cadet Sheridan

and Trimble Roads.

Ongoing

Wright Avenue — Partial road closures will be in effect at Wright Avenue on Wheeler Army Airfield between Elleman and Eastman roads and Langley Loop and Eastman roads for curb inlet repairs. The partial lane closures run through Feb. 2, from 8 a.m.-4:30 p.m., Monday-Friday.

Chanute Road — A partial road closure has occurred on Wheeler’s Chanute Road, near Bldg. 107. Right shoulder lane work will continue on Wright Avenue in front of Bldg. 106 for utility installation through Feb. 6, from 8 a.m. to 3 p.m., Monday-Saturday. The work will be performed in four phases.

McCornack Road — There will be a parallel parking stall closure along McCornack Road near Bldgs. 660, 678 and 676 during crane erection of the new clinic parking structure. Parking will be restricted through April 20. Flaggers will stop traffic intermittently along McCornack during construction activities. The contractor will have signs.

Revised Traffic Codes — The military police has begun enforcing newly revised and approved U.S. Army-Hawaii Regulation 190-5 traffic codes. The most significant change is the expansion of traffic offenses that incur monetary fines. To review the new Traffic Code visit the Garrison Policies tab at www.garrison.hawaii.army.mil.



Active-duty volunteers caddie for golf professionals including former British Open champion Stewart Cink, above, at the Waialae Country Club, Jan. 10.

8th TSC Soldiers caddie for Sony Open in Hawaii

Story and photos by
STAFF SGT. JOHN PORTELA
 8th Theater Sustainment Command
 Public Affairs

HONOLULU — Fourteen Soldiers from the 8th Theater Sustainment Command had the opportunity to caddie the 18th hole for the Sony Open in Hawaii, Jan. 10, at the Waialae Country Club as part of the Birdies for the Brave program.

“It was pretty unique. I never got up close and personal with the pros,” said 1st Lt. Kyle Golonski, platoon leader for the 561st Engineer Company, 84th Eng. Battalion, 130th Eng. Brigade. “I only see them on TV. It was pretty cool getting to talk to them about normal things. It kind of puts it in perspective; they’re just a bunch of normal guys.”

Birdies for the Brave is a national military outreach initiative dedicated to honoring and showing appreciation to the courageous men and women of the United States Armed Forces and their families.

In 2004, Professional Golfers’ Association (PGA) Tour player Phil Mickelson and his wife, Amy, created the program to support combat-wounded veterans. The PGA Tour adopted the program and expanded it to include a wide variety of military outreach and appreciation activities during PGA Tour events.

“This was probably my favorite day in Hawaii, so far, two years in,” said Spc. Corey McMullin, an intelligence analyst in the 8th TSC G-2.

This year was the 20th anniversary of the Sony Open in Hawaii, and the seventh consecutive year that the Birdies for the Brave Military Caddie program was presented by Pasha Hawaii. While the Soldiers took turns caddying, they also had lots of time to collect autographs and get to know the players and their professional caddies.

“Just the experience of being here, and to see what this event looks like, as well as being able to tell our story to the golfers has been great. A lot of them don’t know what we do in protecting our country, so they really appreciate hearing about it,” said Sgt. 1st Class Ryan Poetsch,



Service members volunteering at the Sony Open in Hawaii meet some of professional golf’s biggest stars, including 2015 PGA Player of the Year Jordan Speith (right), at Waialae Country Club.



Left — Birdies for the Brave volunteers pose with professional golfer Kevin Na. Soldiers of the 8th TSC, including the 8th MP Bde. and 130th Eng. Brigade, had the opportunity to caddie the 18th hole for the Sony Open in Honolulu, Jan. 10.

8th TSC, Human Resources Sustainment Center, noncommissioned officer in charge.

As the players and their caddies entered the 18th fairway tee box, Chief

Warrant Officer 3 Eric Geraci, the military liaison for the U.S. Army and Pasha Hawaii, greeted the players and introduced each Soldier by name. The service members then relieved the players’

regular caddies of their bags and acted as real caddies for the 18th hole.

“It was a great opportunity to actually be one-on-one with the pro golfers, just talking to them like a normal person. They didn’t treat me any differently, so that was probably the best part of it,” said Staff Sgt. Oscar Hernandez, a motor sergeant for the 561st Eng. Company, 84th Eng. Bn., 130th Eng. Bde.

“Any Soldiers, next year, should definitely sign up for it. It’s an experience you don’t get to do normally just anywhere, so take a chance, it’s a good experience to have.”



Golf star Jordan Speith imagines playing the 18th hole while a Birdies for the Brave participant looks on, during the Sony Open in Hawaii, Jan. 10.

Briefs

26 / Friday

Hawaiian Buffet — Held at FS Hale Ikena from 11 a.m.-2 p.m.

Leilehua Concert Series — Enjoy live music featuring Heavy Weights from 6-8 p.m. at The Grill at Leilehua Golf Course. No cover charge. Call 655-4653.

Right Arm Night — Enjoy a night of comradery at SB Nehelani. Food and beverages are available for purchase. Event starts at 5 p.m. Call 438-1974.

27 / Saturday
Dash to the Splash Biathlon — This 5K run, plus a 400-meter swim, begins at 7 a.m. at SB Richardson Pool. Runners can compete individually or tag team with a friend for \$35 until race morning. Prizes awarded to overall age group and team category winners. Register at www.himwr.com/dash or any Army PFC. Call 655-8007.

Adventure Biking — Bike down Pearl City Path or along-side scenic North Shore with SB ODR starting at 8:30 a.m. for \$30 per person. Transportation (up to 12 people), guide and equipment (adult bikes) provided. All you need to bring is some water and snacks. This is a beginner program. Participants must be able to ride a bike. Call 655-0143.

Paint and Sip — Paint a picture on canvas at SB Tropics from 7-9 p.m. while sipping your beverage of choice for \$35. Class includes all painting supplies and instruction. Preregistration is required. Call 655-5698.

29 / Monday
ACS Reopens — Army Community Service operations open in its new location on Bannon Road, Bldg. 690, Schofield Barracks. Call 655-4227.

PPP-S Federal Applications — Priority Placement Program-S for Military Spouses seeking civil service DOD careers. Learn all you need to

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

26 / Friday
BIA Home Building & Remodeling Show — Three-day expo begins 5 p.m. at the Blaisdell Exhibition Hall; it's a must for homeowners with contractors. Seminars throughout the weekend. Visit biahawaii.org/the-big-show for discount admission coupons.

Hawaii Swish Basketball — Chicago Vipers come to the NBC Arena, 7:30 p.m. tipoff for ABA professional basketball. Tickets are \$15 and \$30. Blaisdell Box Office info line is 768-5252.

27 / Saturday
Kolekole Trail Hiking — The trail is closed for hiking this weekend due to live fire training.

Mighty Mo' Living History — Battleship Missouri hosts, 9 a.m.-3 p.m., a Living History Day event. Free for military, kama'aina and "Mighty Mo" members. The day features engaging events, dramatic re-enactments and historic ex-

| Calendar abbreviations | |
|------------------------|---------------------------------|
| 8th TSC: | 8th Theater Sustainment Command |
| 25th ID: | 25th Infantry Division |
| ACS: | Army Community Service |
| AFAP: | Army Family Action Plan |
| AFTB: | Army Family Team Building |
| AMR: | Aliamanu Military Reservation |

Is it well with your soul?

CHAPLAIN (CAPT.) JEFF HERDEN
2nd Battalion, 25th Aviation Regiment
25th Combat Aviation Brigade, 25th Infantry Division

“Warning: Ballistic missile is inbound for Hawaii. Immediately proceed to shelter. This is not a drill.”

We all exhaled a great collective sigh of relief after learning this warning, which blew up our cellphones Jan. 13, was erroneously sent.

The mistake made national headlines. More than that, it catapulted many islanders into a state of panic.

We were confronted with the harsh reality that our lives could end very suddenly, which brings me to the subject I would like us all to consider. How do you truly find peace in a world that is constantly threatening you?

Herden

Many threats

Threats are hardly limited to intercontinental ballistic missiles. We watched helplessly as three hurricanes crushed and devastated people across the American south. Friends of ours in California recently had their home reduced to ash by an untamable wildfire.

An opioid crisis in America threatens to devastate our youth. Whether it's child trafficking, government shutdown, gang violence or unstable dictators, across the world there are looming and dangerous threats that people face every day.

The human heart craves peace, a sense of wellness and equilibrium. But how can one find any peace in such a violent world?

Some face it with a kind of fatalism: “Well, if it's my time, then it's my time.” Others seek to logically apply principles of pop psychology: “Well, I can't control the weather or what North Korea does, so no use getting all spun up.”

Sigmund Freud postulated that religion was invented as a kind of evolutionary adaptation to threats beyond human control. Karl Marx similarly called religion the “opiate of

the masses” a kind of drug that tranquilizes us from overwhelming fear of the unknown. So according to them, belief in God or gods was a way for humans to find peace in a world cruelly subject to chance forces. Were they right?

Finding peace

I suggest peace can be truly found and truly maintained. It requires no mental gymnastics. It can be experienced every day no matter what may happen in life.

Horatio Spafford was a wealthy man of great reputation and stature from the city of Chicago. Not long after losing much of his business in the great Chicago fire of 1871, his wife and four lovely daughters boarded the ship Ville du Harve bound for Europe. Four days into their journey, their ship collided with another vessel. Twelve minutes later, their ship sunk to the bottom of the Atlantic – 226 lives were lost, including the four Spafford children.

Mrs. Spafford, rescued by a small boat patrolling the collision site, later telegraphed her husband, “Saved alone. What shall I do?”

Mr. Spafford boarded a craft just a few days later to join his grieving wife in England. While en route, he penned the famous words of a beloved song enshrined in hymnals: “When peace like a river, attends my way; when sorrows like sea billows roll, whatever my lot, you have taught me to say, it is well, it is well with my soul.”

Mr. Spafford was a man at peace with God. His peace was rooted in a God who never changes. To him, his belief had nothing to do with finding an opiate for his grief, but was rooted in the character of a God who loved him, saved his soul and promised never to leave nor forsake him.

So many restless hearts have found true rest in the God who inspired Horatio Spafford to write that immortal hymn. May the peace that sustained him through overwhelming tragedy be discovered by many thirsty souls in 2018.

know about PPP-S and the do's and the don'ts of the process. Step-by-step instructions on preparing your package at SB Soldier and Family Assistance Center (SFAC) from 10-11 a.m. Call 655-4227.

Million Dollar Soldier Refresher — This training provides Soldiers with valuable financial tools at SB ACS from 8:30-11:30 a.m. and 1-4 p.m. Topics include saving, credit, investing and big purchases. Call 655-4227 to register.

30 / Tuesday
First Time Home Buying — Learn to make the right choice in home buying with SB ACS from 10-11:30 a.m. The course

will discuss affordability, buying potential, tax information, mortgages and much more. Call 655-4227.

Manga for Adults — Discussion group held at SB Sgt. Yano Library from 5-6 p.m. Call 655-8002.

Ongoing
9 Ball Pool Tournament at Tropics — Join us every Thursday at 6 p.m. for a 9-ball single elimination and sudden death tournament at SB Tropics. Call 655-5698.

Xbox Challenge NBA 2K17 — Every Wednesday at 11 a.m.-2 p.m. Call 655-5698.

Texas Hold'em Poker — Play Texas Hold'em every Thursday at SB Tropics at 5:30 p.m. Seating is limited. Cost is \$25. MWR Bucks to 1st place. Awarded the last Thursday of each month. Call 655-5698.

Sand Volleyball and Dodgeball — Every Tuesday at SB Tropics from 11 a.m.-2 p.m. Call 655-5698.

Party Pong Challenge — Every Saturday at SB Tropics at 8 p.m. Call 655-5698.

Movie Event — Weekly movie event held on Wednesdays at SB Sgt. Yano Library from 3-5 p.m. All movies will be PG. Call 655-8002.

hibits, including a Gen. Douglas MacArthur re-enactment from noon-3 p.m. For information or reservations, call 1-877-644-4896 or visit USS-Missouri.org.

Sanctuary Ocean Count — The 2018 Sanctuary Ocean Count will be held Jan. 27, Feb. 24 and March 31, 8 a.m.-12:15 p.m., offering the community a chance to monitor humpback whales from approximately 60 sites along the shores of Oahu, Hawaii and Kauai during peak whale watching season. For more details, visit www.sanctuaryoceancount.org/about/.

Kuhio Beach Hula Show — This free show, sponsored by the City and County of Honolulu, showcases culturally significant hula. Shows run 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound near the Duke Kahanamoku statue, weather permitting. Cameras are welcome and seating is available on the grass, beach chairs and mats. Call 843-8002.

31 / Wednesday
Work Force Career Fair — Find a job at the Blaisdell Exhibition Hall, 10 a.m.-3 p.m., Hawaii Suites 1-12, Pikake Room. Admission

is \$3. Discount is \$1 students through college with ID; seniors 55+; military with ID. Children 13 years and under are free. Cash only. For more details, visit www.blaisdellcenter.com.

February
2 / Friday
First Friday — Chinatown is the place to join the hip crowds at the many unique galleries, boutiques, cafes and restaurants that feature exciting art exhibits and free entertainment every month.

The art galleries and most shops stay open late, from 5-9 p.m., followed by a late night party at some of the trendiest, most popular bars in Honolulu. Visit www.firstfridayhawaii.com.

9 / Friday
Lauryn Hill in Concert — Grammy Award-winning artist performs, 8 p.m., at the Neal Blaisdell Arena. Tickets range from \$59-\$249. Visit www.ticketmaster.com.

11 / Sunday
African-American History Month — Windward Choral Society presents “The Storm is passing Over – American Gospel and Spirituals,” 4 p.m., at St. John Vianney Church, 920 Keolu Dr., Kailua, in celebration of African-American History

| | |
|------------------------------------|--|
| and Recreation | SB: Schofield Barracks |
| FRG: Family Readiness Group | SKIES: Schools of Knowledge, Inspiration, Exploration and Skills |
| FS: Fort Shafter | TAMC: Tripler Army Medical Center |
| HMR: Helemano Military Reservation | USAG-HI: U.S. Army Garrison-Hawaii |
| IPC: Island Palm Communities | USARPAC: U.S. Army-Pacific |
| ODR: Outdoor Recreation | WAAF: Wheeler Army Airfield |
| PFC: Physical Fitness Center | |
| SAC: School Age Center | |

Month. Visit www.thewindwardchoralsociety.org. Parking and concert are free, with an offering taken to offset performance costs.

16 / Friday
Scholarship Deadline — DeCA's application deadline for Scholarships for Military Children is Friday, Feb. 16. The Scholarships for Military Children program is managed by Scholarship Managers, a national, nonprofit organization. If students have questions about the \$2,000 grant/scholarship program application, they should call Scholarship Managers at 856-616-9311 or email militaryscholar@scholarshipmanagers.com.

17 / Saturday
MMA Fight Night — NBC Arena hosts, beginning at 6:30 p.m., MMA and URCC action. Tickets are \$30-\$100.

March
23 / Friday
Luke Bryan in Concert — Two-time Country music Entertainer of the Year, superstar performs, 7:30 p.m., at the Neal Blaisdell Arena with Friday and Saturday night performances, along with the Brothers Osborne. Tickets begin at \$49.50. Visit www.emporiumpresents.com.

Additional religious services, children's programs, educational services and contact information can be found at <https://www.garrison.hawaii.army.mil/rso/USARHAW%20Chapel%20Services.pdf>.

AMR: Aliamanu Military Reservation Chapel

FD: Fort DeRussy Chapel

HMR: Helemano Chapel

MPC: Main Post Chapel, Schofield Barracks

PH: Aloha Jewish Chapel, Pearl Harbor

SC: Soldiers Chapel, Schofield Barracks

TAMC: Tripler Army Medical Center Chapel

WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Last Wednesday, 6 p.m. at MPC

Catholic Mass

- Monday-Wednesday, 11:45 a.m. at Soldiers Chapel
- Thursday, 11:45 a.m. at AMR
- Wednesday, 5 p.m. at MPC
- Saturday, 5 p.m. at TAMC
- Sunday services: -8:30 a.m. at AMR -10:30 a.m. at MPC -11 a.m. at TAMC

Gospel Worship

- Sunday, noon at MPC
- Sunday, 12:30 p.m. at AMR

Islamic

- Friday, 12:30 p.m. at AMR (Call 477-7647)

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH (Call 473-3971)

Protestant Worship

- Sunday Services -9 a.m. at MPC (Contemporary) -9 a.m. at FD -9 a.m. at TAMC -10 a.m. at HMR (Contemporary) -10:30 a.m. at AMR (Contemporary) -11 a.m. at WAAF (Contemporary)

All The Money In The World (R)

Friday, Jan. 26, 7 p.m.

Pitch Perfect 3 (PG-13)

Saturday, Jan. 27, 4 p.m.

Jumanji: Welcome To The Jungle (PG-13)

Saturday, Jan. 27, 7 p.m.

Downsizing (R)

Sunday, Jan. 28, 4 p.m.

Closed Monday through Thursday.

Partnership ensures safe dietary supplements

KEVIN L. ROBINSON
Defense Commissary Agency

FORT LEE, Virginia — Commissaries are partnering with the Department of Defense (DOD) to help ensure the dietary supplements on store shelves remain free of illegal and unsafe ingredients.

In December, the Defense Commissary Agency announced to its industry partners that it added another layer of protection regarding dietary supplements by requiring these products to be free of any ingredients noted on DOD’s prohibited list posted on the Operation Supplement Safety (OPSS) website.

OPSS is a DOD dietary supplement resource created by the Consortium for Health and Military Performance (CHAMP), a Defense Center of Excellence Department at the Uniformed Services University of the Health Sciences.

“Many of our commissary patrons use dietary supplements to support their



physical fitness regimens,” said Deborah Harris, DeCA dietitian and health and wellness program manager.

“By using DOD’s list of prohibited ingredients to screen our products, we are adding an extra layer of confidence for our military members and their families and installation leadership that the supplements they buy in our stores are safe and legal.”

LaRue Smith, DeCA’s category manager for health and beauty care products, is the agency’s contact person for suppliers wanting to sell supplements in military commissaries.

“Preventing harmful supplements from showing up on store shelves is critical to supporting the mission of delivering an efficient and effective commissary benefit,” Smith said. “Once a supplier presents a product to us for consideration to be in our commissaries, we work with them to confirm they’ve checked the DOD banned substances list.

“We still have our own checks and balances, such as feedback from patrons

and stores. However, the DOD list adds a very important safety level of protection for DeCA’s customers.”

2012 beginnings

The path to the current OPSS program began in January 2012, when DOD wanted a Department-wide campaign to educate the military community on dietary supplements as far as potential health risks and safe products. A collaboration of organizations under the DOD Dietary Supplement Subcommittee (DSSC) – the U.S. Army Public Health Command and USU’s CHAMP – gave birth to Operation Supplement Safety.

“Some dietary supplement products contain stimulants, steroids, hormone-like ingredients, controlled substances or unapproved drugs, and the consumer has no way of knowing this,” said Dr. Patricia Deuster, director of CHAMP and professor at the Department of Military and Emergency Medicine.

“The DOD prohibited list helps you identify supplements that might pose a potential risk to your health or career.

Not all supplements on the list are illegal or banned, but all pose a potential health and readiness risk.”

OPSS has now grown DOD-wide in its campaign to deliver relevant and current information on dietary supplements to the military community.

“Our patrons need to know there are unsafe ... substances banned by the Food and Drug Administration (FDA) that can affect their health and, for some service members, negatively impact their career through a positive drug test,” she said. “The DOD list helps us stay vigilant at the commissary as we help them avoid some of these pitfalls.”

In addition to the DOD list, the FDA ultimately regulates and enforces legislation affecting dietary supplements, Deuster said.

More Online

To access the FDA website for its statements about dietary supplements, go to <https://www.fda.gov/Food/DietarySupplements/>.

Even in winter, there’s a reason that ladies must lunch

My boots were there, sitting next to the front door, a gritty residue of evaporated slush encircling the soles.

I would have loved to climb back into bed that morning with Moby, our Lab, rather than face my salt-encrusted minivan and an excruciatingly boring To Do list. But I had to get out into the world.

I pulled on the unflattering Michelin Man down coat, slipped into my water-stained boots and opened the door to the cold January morning.

Glad you live Hawaii?

It may be different for the lucky military families stationed close to the Equator. But for the rest of us, winter – with its gray dormancy and dreary disposition – has a way of making us retreat into our dens like hibernating bears. As soon as the sun abandons us for southern latitudes, humans tend to retract, curl up, nestle themselves away until spring’s resuscitation.

On its face, this seems like a damned good idea. It’s cold outside, so why not fire up the Crock-Pot, put on lounge pants and binge watch “Ozark” all day?

The problem is that humans aren’t meant to be alone like bears. According to a 2015 study in the journal Perspectives on Psychological Science, social isolation and perceived loneliness are potentially damaging to one’s health, with well-established risks of higher rates of cancer, infection, heart disease, arthritis, depres-



sion, anxiety, substance abuse, Alzheimer’s disease and dementia.

The study by researchers at Brigham Young University found that the subjective feeling of loneliness increases one’s risk of death by 26 percent. Social isolation increases mortality by 29 percent, and living alone shows a 32 percent increase.

Military spouses may find that isolation is a natural response to frequent moves and a lack of community belonging, but the health risks are too serious to ignore. The same way it’s important to drink enough water, eat veggies, exercise and get your teeth cleaned every six months, it’s important to get out and be with people.

During the work-ups leading to my husband’s year-long deployment to Djibouti, a friend contacted me about forming a weekly “Lunch Bunch” with two other wives. I was a bit of a loner, but something told me that I needed this, so I agreed.

We met each week at different restaurants, using the alphabet as our guide. The first restaurant name started with an A, the second started with a B, and so on. Initially, our lunches were typical housewife affairs with gossip and discussion about the latest hot dip recipes.

But soon our rendezvous took on a rebellious quality, à la “Helma and Louise.” We whispered like middle schoolers, heckled waiters, talked over each other and, on many occasions, laughed until we cried about the absurd realities of marriage, sex, parenting and minivans. We started keeping a journal, chronicling the best and worst dishes, memorable quotes, cute waiters and frequent moments of hilarity.

By the time my husband returned from deployment, the Lunch Bunch had almost whizzed through the alphabet twice. We had guzzled more than one hundred Diet Cokes, eaten thousands of French fries, and laughed until we lost bladder control on countless occasions. I never wanted it to end, but military orders soon sent us overseas.

Despite all those French fries, the weekly lunches with my friends had kept me healthy during the deployment ... and apparently, alive!

So, even in winter, when everything looks dead as a doornail and the wind cuts like a knife, resist the urge to retreat into your cocoon. Put on your boots, open the door and get out into the world.

Zika virus is on the rise, so it’s time to prep

DR. GRACE CHEN O’NEIL
Tripler Army Medical Center

HONOLULU — Recently, Zika has been making headlines in various news sources.

Zika is a virus spread mainly by the bite of a mosquito species known as Aedes. Such mosquitoes also spread the viruses of dengue and chikungunya, as well, and they tend to bite both during the day and the night.

Mosquitoes that spread this virus lay their eggs near standing water.

The Zika virus can be passed from sex, pregnancy or blood transfusions. Blood donations that test positive for Zika are removed from the blood supply.

Symptoms of Zika are usually mild; some individuals may even be asymptomatic. Symptoms include fever, rash, headache, joint pain, red eyes and muscle pain. These may last from a few days to a week.



Chen O’Neil

What next?

If you contract the Zika virus, you are recommended to get proper rest, drink plenty of fluids and take acetaminophen to decrease fever or discomfort. Until dengue fever is ruled out, avoid taking aspirin or anti-inflammatories, as either can increase the risk of bleeding.

Many people are concerned about Zika due to it being a known cause for miscarriages, stillbirths and microcephaly, a condition in which the head of a baby is much smaller than expected.

Other defects include calcium deposits in the brain indicating possible brain damage, extra fluid in the brain, absent or poorly formed brain structures, damage to the eye, hearing loss, or damage to the brain affecting nerves, muscles and bones.

At this moment, it does not seem that Zika infection in a woman who is not pregnant would be a risk for birth defects in future pregnancies after the virus has cleared from her blood.

You can prevent Zika by taking measures to prevent mosquito bites. To remain free of the virus, you are recommended to wear long-sleeved shirts and pants, as well as clothing that is pretreated with permethrin or insecticide.

It is also suggested you use insect repellents registered by the Environmental Protection Agency but these should not be used on children younger than 2 months. Lemon eucalyptus oil or para-menthan-diol are not safe for children younger than 3 years old; keep these children in mosquito netting instead. Additionally, stay in places with air conditioning, which also have window and door screens, or use a mosquito bed net if this is not an option.

Pregnant women should take caution before engaging in sexual intercourse with a partner who has contracted Zika, as the virus can be sexually transmitted. You can prevent sexual transmission of Zika by

CDC'S RESPONSE TO ZIKA

WHAT WE KNOW

AND WHAT WE DON'T KNOW.

Zika can be passed from a pregnant woman to her fetus.

Infection during pregnancy can cause certain birth defects.

Zika is spread mostly by the bite of an infected Aedes species mosquito.

Zika is not currently found in the continental US. The mosquitoes that can carry Zika are found in some areas of the US.

Because the mosquitoes that spread Zika virus are found throughout the tropics, outbreaks will likely continue.

There is no vaccine or medicine for Zika.

If there's a safe time during your pregnancy to travel to an area with risk of Zika

If you do travel and are bitten

- How likely you are to get Zika
- How likely it is that your baby will have birth defects

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

For more information:
www.cdc.gov/zika

Courtesy graphics

using condoms or by abstinence. Zika can be spread before symptoms start, while suffering symptoms, or after symptoms end, even from a person who may be asymptomatic.

Avoid traveling to areas affected by the Zika virus if you are pregnant or trying to become pregnant. You may check the website of the Centers for Disease Control, or CDC, for this information. Currently, Zika has been reported in Texas and Florida; international locations include Africa and Mexico, as well as Central and South America.

Unfortunately, there is no medicine or vaccine for Zika, as of yet.

TOP 5 THINGS EVERYONE NEEDS TO KNOW ABOUT ZIKA

Accessible Version: <https://www.cdc.gov/zika/about/media/kenzips.html>

1

Zika primarily spreads through infected mosquitoes. You can also get Zika through sex.

Many areas in the United States have the type of mosquitoes that can spread Zika virus. These mosquitoes bite during the day and night. Zika can also be passed through sex from a person who has Zika to his or her sex partners, even if the person doesn't have symptoms.

2

The best way to prevent Zika is to prevent mosquito bites.

- Use EPA-registered insect repellent. It works!
- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning or window and door screens.
- Remove standing water around your home.

3

Zika is linked to birth defects.

Zika infection during pregnancy can cause a serious birth defect called microcephaly that is a sign of incomplete brain development. If you have a partner who lives in or has traveled to an area with risk of Zika, use condoms or do not have sex during your pregnancy. To be effective, condoms should be used from start to finish, every time during vaginal, anal, and oral sex.

4

Pregnant women should not travel to areas with risk of Zika.

If you must travel to one of these areas, talk to your healthcare provider first and strictly follow steps to prevent mosquito bites and sexual transmission. See CDC's guidance for the US for information on travel within the continental US and Hawaii.

5

Returning travelers infected with Zika can spread the virus through mosquito bites and sex.

Even if they do not feel sick, travelers returning from an area with risk of Zika should take steps to prevent mosquito bites for 3 weeks so they do not spread Zika to uninfected mosquitoes. If a mosquito bites a person while he or she has Zika virus in his or her blood, the mosquito can become infected and then infect other people. Couples with a partner who lives in or has traveled to an area with risk of Zika, especially those who are pregnant or planning to become pregnant, should take steps to protect during sex. Zika can stay in semen for months after infection (even without symptoms), and can be spread to partners during that time.

WWW.CDC.GOV/ZIKA

More Online
For more information about the Zika virus, visit the CDC website at <https://www.cdc.gov/zika/>.